

June 2011 Cardiff Outdoor Group



walking weekends away back-packing cycling evenings out

- Saturday 4th **Chepstow & Tintern Walk ●●** - We use the train for one of the classic 11 mile circular walks along both sides of the Wye – with tea shops, grand vistas and top quality arboreal shade. BPL. Contact Steve B on 07812 586949 or by e-mail stevebees13@yahoo.co.uk.
A public transport walk.
- Tuesday 7th **Penarth Walk and Meal ●** - Short scenic walk taking in views of the Channel. Meet at 6.35pm at Penarth Railway Station, followed by a meal at Mediteraneo Restaurant on the Penarth Esplanade at 7.30pm. Please contact Katherine on 029 20881572 for details.
- Sunday 12th **Usk & Bettws Newydd Walk ●●** - A 10 mile walk in the Usk valley with plenty of birdlife, including kingfishers, and good views from the higher ground near Bettws Newydd. There are 2 pubs on the route. BPL. Meet 10am at Chapter. For details contact Bob on 029 20575229.
- Thursday 16th **Langstone Scenic Evening Walk ●●** - Walk from village through fields and gentle hills with good panoramic views of River Severn and bridges, 5 miles. Bring a torch. Meet at the Museum by 6pm or The Foresters Oaks (A48 Langstone) pub car park 6.45pm. Contact Sarah on 07539 832843 or by e-mail sarah.bearne@yahoo.co.uk
- Fri 17th to Sun 19th **Carmarthen Fans Backpack ●●●** - 2 days and nights of wilderness and wild camping. Contact Antony M on 07730 964903 for further details.
- Saturday 18th **River Clear up and Litter pick** - We'll be joining Cardiff Rivers Group between 10am to 12pm help them clear litter and other debris from along banks of the River Taff. All equipment provided - just turn up in old clothing and boots/wellies. A Pub visit afterwards a distinct possibility. Names needed by 14th June. Contact Jane by e-mail janeormrod@ntlworld.com or 029 20402571.
- Sunday 19th **Small COG's Walk ●** - Contact John and Rowena on 029 20915562.
- Tuesday 21st **Tai Chi in Bute Park** - Have a go at this ancient gentle exercise in wonderful surroundings. Suitable for all, please wear loose comfortable clothing and avoid eating a heavy meal beforehand. Meet at the Summerhouse Café at 7pm. Book your place by email to Nigel Williams in advance please sungtaijigigong@gmail.com.
- Friday 24th **Summer Solstice Walk ●●** - COG's annual mid summer pilgrimage up Pen-y-Fan, South Wales' highest peak. Meet at Taffs Well station car park 6.15pm. Contact Jane O on 07425 131017 or by e-mail janeormrod@ntworld.com
- Sunday 26th **Afan Valley Walk ●●** - 8/9 mile forest and riverside walk with good views of the wooded Afan Valley. There is a Car parking charge at start. BPL. Meet 9.30am at Chapter. Contact Gary B on 07974 574181.
- Tuesday 28th **Monkswood Walk ●** - A 3-mile walk around the village of Monkswood nr Usk. The walk incorporates part of the Usk Valley Walk. Meet 6.30pm at the Museum. For details contact Bob N on 029 20575229.

For more details, contact:

Jane (Chair) 029 20402571
Bob G. (Membership) 029 20204165

Fancy organizing a walk, a weekend, or an event? Please contact the programme organizers below. Your ideas are very welcome:

Weekends: Steve B 07812 586949 &
Tuesdays: Amanda 07929 001048
E-mail them at the address below:
programmes@cardiffoutdoorgroup.org.uk

If you would like to bring children (under 17) or dogs, please check first with the event organiser.

Meeting point for Sunday walks:

Chapter main entrance, Market Road, Canton, Cardiff, CF5 1QE.

Meeting point for Tuesdays

In the autumn and winter, this is at Chapter Arts Centre, unless otherwise stated.

Walk grading:

- easy
- moderate
- strenuous
- very strenuous

BPL = bring a packed lunch



Affiliated to

YHA

New members always welcome
www.cardiffoutdoorgroup.org.uk